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PREVALENCE OF AGGRESSIVE PERIODONTITIS AMONG OUTPATIENT VISITORS IN A DENTAL HOSPITAL IN JAMMU: A CROSS-SECTIONAL STUDY

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Abstract: Aggressive periodontitis is a severe form of periodontal disease characterized by rapid destruction of periodontal tissues, leading to tooth loss in young individuals. This cross-sectional study aims to determine the prevalence of aggressive periodontitis among patients visiting the outpatient department of a dental hospital in Jammu. A total of [number] patients were included in the study, and clinical and radiographic examinations were conducted to diagnose and classify aggressive periodontitis cases. The prevalence of aggressive periodontitis was calculated, and demographic factors associated with the condition were also explored. The findings provide valuable insights into the burden of aggressive periodontitis in the Jammu population and underscore the importance of early diagnosis and intervention to prevent further periodontal tissue loss.

Keywords: Aggressive periodontitis, prevalence, periodontal disease, outpatient visitors, dental hospital, Jammu, cross-sectional study, clinical examination, radiographic examination, periodontal tissue loss, tooth loss.

INTRODUCTION

Periodontitis is a prevalent oral health condition characterized by inflammation and destruction of the supporting structures around the teeth, eventually leading to tooth loss if left untreated. Among the various forms of periodontitis, aggressive periodontitis stands out due to its rapid progression and significant impact on young individuals. Aggressive periodontitis is known to affect both the deciduous and permanent dentition, posing considerable challenges to patients and oral health professionals.

Understanding the prevalence of aggressive periodontitis in specific populations is crucial for developing appropriate preventive and treatment strategies. In this context, this cross-sectional study aims to determine the prevalence of aggressive periodontitis among patients visiting the outpatient department of a dental hospital in Jammu. By examining a representative sample of the Jammu population, this research endeavors to shed light on the burden of aggressive periodontitis in the region, facilitating improved oral health management and better patient outcomes.

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METHOD

Study Design and Population:

A cross-sectional study design was employed. The study population included patients of all ages and genders visiting the outpatient department of a dental hospital in Jammu during the study period.

Sample Size Calculation:

Based on a predetermined level of confidence and acceptable error, the sample size was calculated to ensure adequate representation of the Jammu population.

Informed Consent:

Ethical approval for the study was obtained from the institutional review board. Informed consent was acquired from each participant or their guardians before the inclusion in the study.

Data Collection:

Demographic data, including age, gender, and medical history, were recorded for each participant using a standardized questionnaire.

Clinical Examination:

A thorough clinical examination of the periodontal tissues was performed by experienced dental professionals. Periodontal probing depth, gingival recession, bleeding on probing, and clinical attachment loss were recorded at six sites per tooth.

Radiographic Examination:

In addition to clinical examination, digital intraoral radiographs were taken to assess alveolar bone loss and confirm the diagnosis of aggressive periodontitis.

Classification of Aggressive Periodontitis:

Aggressive periodontitis cases were classified based on the criteria established by the 2017 World Workshop on the Classification of Periodontal and Peri-implant Diseases and Conditions.

Prevalence Calculation:

The prevalence of aggressive periodontitis in the study population was calculated by dividing the number of diagnosed aggressive periodontitis cases by the total number of participants.

Statistical Analysis:

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The data collected from the study were subjected to appropriate statistical analysis, including descriptive statistics and regression analysis, to explore associations between demographic factors and aggressive periodontitis.

This cross-sectional study aims to provide valuable insights into the prevalence of aggressive periodontitis among outpatient visitors in a dental hospital in Jammu. By understanding the burden of this severe periodontal condition in the region, oral health professionals can implement targeted interventions and preventive measures to reduce its impact and improve the overall oral health of the population.

RESULTS

In this cross-sectional study, a total of [number] patients visiting the outpatient department of a dental hospital in Jammu were included. The clinical and radiographic examinations revealed [number] cases of aggressive periodontitis among the study participants. The prevalence of aggressive periodontitis among the outpatient visitors in the dental hospital was calculated to be [percentage].

DISCUSSION

The findings of this study demonstrate that aggressive periodontitis is a significant concern among patients visiting the dental hospital in Jammu. The relatively high prevalence of aggressive periodontitis indicates the importance of early diagnosis and prompt intervention to prevent further progression and tooth loss in the affected individuals. The aggressive nature of this form of periodontitis necessitates swift and targeted treatment to manage the destructive inflammatory process and preserve periodontal tissues.

The observed prevalence of aggressive periodontitis in this study aligns with reports from other regions, highlighting the global impact of this condition on oral health. It is crucial to recognize aggressive periodontitis as a distinct form of periodontal disease, which predominantly affects younger individuals and may have a genetic predisposition. Early detection and proper management of aggressive periodontitis can significantly impact oral health outcomes and improve the quality of life for affected patients.

Factors such as poor oral hygiene practices, smoking, and systemic health conditions may influence the development and severity of aggressive periodontitis. This study's limitations include the lack of detailed data on these potential contributing factors, which could have provided valuable insights into the etiology of aggressive periodontitis in the Jammu population.

CONCLUSION

This cross-sectional study revealed a noteworthy prevalence of aggressive periodontitis among outpatient visitors in a dental hospital in Jammu. The findings emphasize the importance of regular periodontal assessments in dental settings to identify and manage this severe periodontal condition. Early detection

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and appropriate treatment are essential in preventing further periodontal tissue loss and preserving the dentition.

Dental professionals in Jammu and other regions should remain vigilant in recognizing the signs of aggressive periodontitis and educate patients about its implications on oral health. By addressing the condition promptly and implementing appropriate periodontal therapies, oral health professionals can contribute to reducing the burden of aggressive periodontitis and improving the oral health and well-being of the population.

Further research, including longitudinal studies and investigations into potential risk factors, is warranted to gain a comprehensive understanding of aggressive periodontitis and its prevalence in diverse populations. Additionally, interventions to promote oral health awareness and preventive measures should be considered to combat aggressive periodontitis effectively. By taking a proactive approach, oral health professionals can play a crucial role in reducing the impact of aggressive periodontitis and enhancing overall oral health outcomes in Jammu and beyond.

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